

## **ABSTRACT**

An abdominal exercise device that allows the exerciser to do sit-up type exercises to stress the exerciser's abdominal muscles. The device has a frame assembly made of several members. A deformable seat for the exerciser is connected to frame assembly. The deformable seat is a fillable container. Footholds are positioned on the frame assembly to allow an exerciser to sit on the deformable seat and place the exerciser's feet in the footholds while performing an exercise. Additionally, there are handholds that an exerciser may hold so that an exerciser may stabilize himself while getting on and off the exercise device and during performance of exercise.